



thursday, october 11, 2012

thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 118 NO. 38

kstatecollegian.com



Tomorrow:
High: 62 °F
Low: 57 °F



Saturday:
High: 77 °F
Low: 52 °F

03

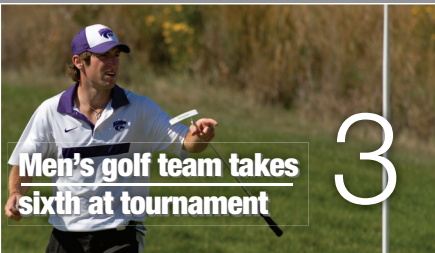
Power trip
Scott Fujita says the NFL commissioner has abused his privileges

04

Vying for veggies
One columnist laments the lack of vegetarian meals at dining halls



Students speak up
Visit kstatecollegian.com for footage of the Academic Majors Fair



Men's golf team takes sixth at tournament

3



Steampunk: a new trend for Halloween

4

Potter's Guild holds fundraiser sale in decades-long tradition

Karen Sarita Ingram
edge editor

K-State artisans have put their hard work on sale to raise money and awareness of handmade crafts. The KSU Potter's Guild is holding a pottery sale which started Wednesday and continues through Friday in Bosco Student Plaza from 8 a.m. to 5 p.m.

Dylan Beck, assistant professor of art and faculty adviser for the Potter's Guild, said there were several new items at this year's sale, including a large collection of jewelry. In addition to the usual handmade pots, plates and cups made of clay, browsers can also find handmade earrings, pendant necklaces and cameo pins. Beck said all of the functional pottery at the sale is safe to use for food and drink, as well as microwave and dishwasher safe.

"We feel that there's an intrinsic value to handmade objects," Beck said.

Beck said the Potter's Guild is made up of students ranging from freshmen to third-year graduate students, and even professors. Anyone can join the Guild and everyone in the Guild can participate in the sale. Another new feature of this year's sale is the addition of photos and biographies of each of the artists, and each artist has a section of a table dedicated to their pottery.

GUILD | pg. 5

Evert Nelson | Collegian

The KSU Potter's Guild displays a collection of pottery in Bosco Student Plaza on Wednesday afternoon. The sale continues through Friday and includes ceramic jewelry for the first time.



'Zombies' to walk to save Arts in the Park

Karen Sarita Ingram
edge editor

Zombies will be invading City Park this Saturday and K-Staters and Manhattan citizens of all ages are invited. The Kansas Anti-Zombie Militia has teamed up with local alternative newspaper The Hype Weekly and other local organizations to make the second annual Zombie Walk for Hunger bigger than last year's.

The addition of family activities will expand the event into an all-day Z-Day celebration. The fundraiser aims to collect canned food for the Flint Hills Breadbasket as well as monetary donations to save Arts in the Park.

"Arts in the Park lost their entire operating budget this year," said Sarah Sullivan, co-owner of The Hype Weekly. "We want to help them. It's a really neat thing that Manhattan does and not a lot of towns do. It's something to be celebrated about Manhattan."

Events include obstacle courses, a charity run, marksmanship competition, a silent auction and, of course, the Zombie Walk. There will also be live music featuring local bands, such as Decimation. The entire event runs all day from 1 p.m. to about 9 p.m. and ends with a zombie pub crawl. Many activities will take place near the Larry Norvell Band Shell or the ball fields, but the entire park is expected to be invaded by the undead.

Alfredo Carbajal, founder of the Kansas Anti-Zombie Militia

WALK | pg. 6

Hazmat team clears mercury spill at MHS

Darrington Clark
managing editor

Students and teachers in a science class at Manhattan High School's east campus were asked to remove their shoes for hazardous materials testing when a mercury spill occurred there Wednesday morning.

"A student in a science class accidentally broke a thermometer," said Ryan Almes, deputy chief of the Manhattan Fire Department. "We were dispatched at 10:02 a.m."

The mercury within the thermometer spilled onto a table and the floor, and school officials soon called the fire department.

MERCURY | pg. 6

Popcorn brings fire dept. to Bluemont

Mike Stanton
assistant news editor

Bluemont Hall, home of the College of Education, was evacuated yesterday afternoon after a fire alarm in the building went off, calling engines from the Manhattan Fire Department to the scene.

According to a source from the College of Education's Office of the Dean who wished to remain anonymous, the origin of the smoke was an overturned bag of popcorn.

"We had to go outside and

FIRE | pg. 6

Students explore options at Majors Fair

Kelsey McClelland
opinion editor

K-State offers more than 250 majors and programs, which may be overwhelming to some students who don't know where to get information, but the 14th annual academic majors fair, called Majors, Minors and More, was held yesterday from 11 a.m. to 3 p.m. in the K-State Student Union Grand Ballroom to provide this information.

Austin Krug, freshman in chemical engineering, said he was interested in finding out about all of the opportunities offered at K-State.

"I talked with some of the people in microbiology and they were really helpful on different types of aspects or programs that they have available," Krug said.

Natalie Schmidt, freshman in graphic design, was required to attend the event for her university exploration class but said she still found the information and people helpful.

"It was really comfortable in there, I didn't feel nervous or anything," Schmidt said. "They were very friendly and engaging and it was actually kind of fun."

The event provided information to assist students in planning their academic career path.

"It's targeted toward students who are looking for a major, a secondary major, a minor, looking for certificate options," said Michelle Haupt, coordinator for the Academic and Career Information Center. "Mostly just helping students see the unique ways that they can look at their academic programs and create something that's a fit for them."

The Academic and Career Information Center was just one of the sponsors for the event. Other sponsors included the College of Arts and Sciences open option Program, the Department of Housing and Dining Services, and the colleges of Agriculture, Architecture, Planning and Design, Engineering, Human Ecology, Technology and Aviation, and Veterinary Medicine.

"Our office, the Academic and Career Information Center, we focus on helping students who are deciding on a major, changing a major or trying to identify what they can do with their academic program here," Haupt said.

Cherie Hodgson, academic coordinator for the department of agricul-



Jacob Dean Wilson | Collegian

TOP: Meredith Muller, senior in psychology and graphic design, talks with students about the School of Leadership Studies during the Majors, Minors and More fair on Wednesday. The event was held from 11 a.m. to 3 p.m. in the Grand Ballroom of the K-State Student Union.

Evert Nelson | Collegian

ABOVE: Many students showed up to browse the different majors and minors offered at K-State on Wednesday during the Majors, Minors and More event, which was open to anyone interested in learning about K-State's more than 250 academic majors, minors, secondary majors and certificates.

tural economics, has been supplying information for the majors fair since she started in 1997.

"I think that we're here as a place for students to come to get information and learn about what their opportunities are at K-State," Hodgson said. "I think every student can benefit from coming to the majors fair, at least freshman and sophomore

students."

The event was not only targeted toward incoming freshmen or students with an undecided major, but also students who may be looking for a change in major. Haupt said that 70 to 80 percent of students are going to make changes to their career path. While Haupt said that many students come in with the mindset that

they won't be the one to change their major, in fact, a large percentage do.

"I'm looking to be in graphic design, but I'm not really sure I want to do that so I'm thinking of switching majors," Schmidt said. "I was looking at computer science or computer engineering."

Schmidt said she is planning on taking an introductory computer science class next fall.

"It's hard for a student to know every little detail about a major until they start taking classes," Haupt said.

Haupt said these classes are either an opportunity for students to confirm their chosen career path or to re-evaluate their choices and look for a better fit.

"Encourage my students to come," Hodgson said. "They've declared their majors but I encourage them to come to look at other things they can add."

The fair also offered interested students information regarding minors, internships, study abroad programs and other K-State resources.

"We've realized that for students, it's not just about finding a major; it's about how they can also enhance that major with certificates or minors, study abroad, internships," said Tami Duch, adviser for the College of Arts and Sciences. "We're not hoping just to aim at the undecided student but for all students."

Angelia Perry, adviser for the College of Arts and Sciences, said the current economy makes it increasingly difficult for students to secure employment after graduation.

"We want Kansas State University graduates to be known for the breadth of experience they have gained while they're here," Perry said. "Whatever they can do to enhance their ability to get a good job."

Haupt said that, according to information compiled from a yearly survey conducted after the majors fair, more than 95 percent of students who attend indicate they would recommend this event to other students.

"We just want students to know that there are so many resources here and the goal of every one of us here on campus is for students to be successful," Haupt said. "If we can help a student have more information about the decisions they make, that's when they can make the best decisions; information not only about programs and careers, but also about themselves."

Doctor speaks about HeLa cells' impact on biomedical research

Mike Stanton
assistant news editor

Dr. Yvonne Reid, manager of the cell biology program at American Type Culture Collection, a global bioresource center headquartered in Manassas, Va., spoke last night in the K-State Student Union's Forum Hall. Reid's lecture was entitled "HeLa Cells and Biomedical Research: The Good, The Bad and The Ugly."

The presentation, part of the Johnson Center for Basic Cancer Research's George S. Bascom Memorial Lecture Series, was scheduled in conjunction with this year's K-State Book Network Common Book, Rebecca Skloot's "The Immortal Life of Henrietta Lacks," which tells the story of Henrietta Lacks, a poor Baltimore woman whose cancerous cells were harvested without her knowledge by Johns Hopkins researcher George Gey in 1951, shortly before her death.

"This cell line has changed modern medicine, and impacted government policies," Reid said. "Unfortunately, the tissue was obtained without informed consent."

According to Reid, the cells, termed "HeLa" to identify their donor, were the

first discovered to self-propagate indefinitely, granting researchers access to a reliable supply of cells to conduct experiments with. Reid noted several other key developments in the field of tissue culture that were made possible by HeLa cells, including the large-scale production of cells, the technique of freezing cells for shipment and the standardization of a basal medium in which cells can grow.

Reid also mentioned the creation of a HeLa distribution center at the Tuskegee Institute in Alabama, which mass-produced the cells so that they could be used to test Jonas Salk's polio vaccine in the 1950s.

"When Salk found out HeLa was susceptible to polio, he was very excited," Reid said.

Reid then shifted gears to address what she called "the bad side" of the HeLa story.

"This part of the presentation is very dear to me," she said. "I've been working on this subject for a long time."

According to Reid, the tissue culture environment in the early 1950s was "very poor."

"There were no plastics; the cells were grown on bench tops in glass containers;

Bunsen burners were used for sterilization," she said.

Reid added that cross-contamination was, and remains to this day, a "huge problem" in the field of biomedical research.

"There's an institutionalized ignorance and apathy about this issue," Reid said.

She suggested that researchers take simple steps like labeling flasks, thoroughly cleaning the work area, use legible handwriting and maintain a manageable workload.

"That's something that's so overlooked," she said.

She explained that keeping the workload lighter reduces the chance for accidental cross-contamination, which can invalidate research when scientists discover the cell lines they had been working with were contaminated.

"Fortunately, some journals have started to require authentication of cell lines as a prerequisite to publication," she concluded.

The final section of Reid's presentation focused on the "ugly" aspect of HeLa history — the fact that Lacks did not give informed consent to have her tissue collected.

"That was actually not [required] then,

and it wasn't practiced," she said.

Reid added that Lacks gave informed consent for her surgery, but not for the collection of samples.

"Gey was so ramped up about trying to be the first to develop an immortal cell line, he took tissue from all his cervical cancer patients without informed consent," Reid said.

Laura Wetzel, senior in family studies and human services, said she read the "Immortal Life of Henrietta Lacks" and was very interested in it, which led her to attend the lecture when a professor told her about it.

"It was really great, it was well-organized and it hit on points that catered to scientists that understand the technical details, but was understandable for the general public," Wetzel said.

Rob Dennell, director of the Johnson Center for Basic Cancer Research, introduced Reid before the lecture.

"There's an old saying. It goes, 'If you don't know what happened in the past, you won't be able to learn from it,'" Dennell said. "That's why the book is so powerful; at once, it was a tremendous story, and it highlighted real changes that needed to be made. [Dr. Reid] was a terrific choice to come talk about it."

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DOWN

1 Long-running Broadway musical

2 Greatly

3 Lariat

4 Magnetic flux measures

5 Village People hit

6 "— the ramparts ..."

7 Work with

8 Assessed

9 A-one

10 Belligerent god

11 "Phooey!"

16 Shade provider

20 2016 Olympics city

22 Jockey's handful

23 Help a hood

24 Hee follower

25 Time of your life?

26 Lacking balance

27 Criticism

29 Midafter-noon, in a way

30 Fool

35 Pitch

37 Construc-tion site machin-ery

39 Hidden complica-tion

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42 Hammer-head part

43 Sleeping

44 Forbid-den (Var.)

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49 Raw rock

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Solution time: 25 mins.

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Yesterday's answer 10-11

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10-11

CRYPTOQUIP

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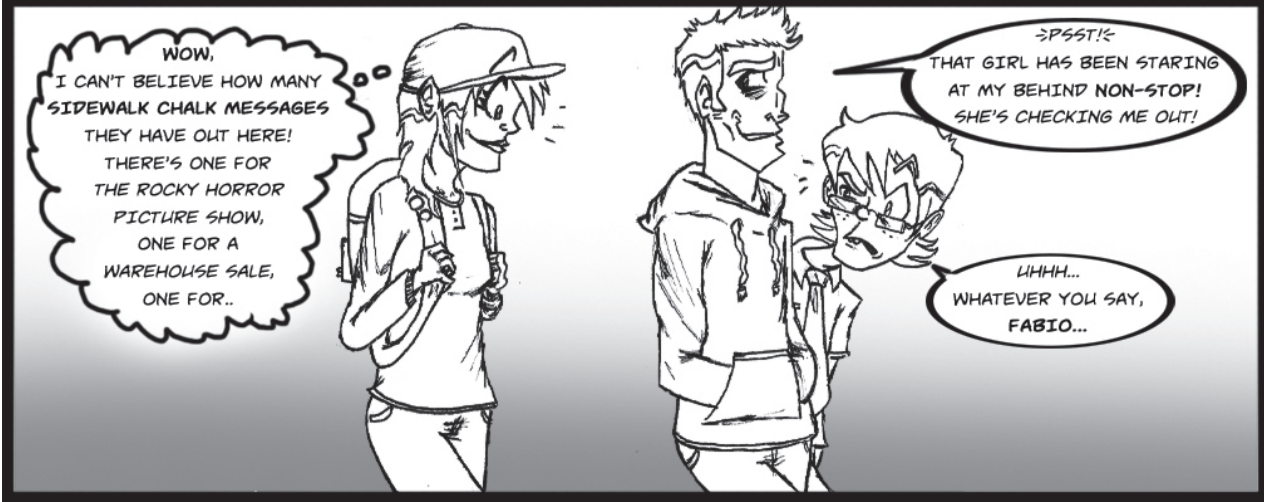
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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Darrington Clark at 785-532-6556 or email news@kstatecollegian.com.



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All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit nws.noaa.gov.

THE BLOTTER ARREST REPORTS

Tuesday, Oct. 9

Robert Luke Paschal, of the 1000 block of Denison Avenue, was booked for driving under the influence. Bond was set at \$750.

Mark Harold Barrager, of the 3000 block of Kimball Avenue, was booked for probation violation. Bond was set at \$1,500.

Jordan Scott Chambers,

of Manhattan, was booked for unlawful possession of hallucinogens and possession of drug paraphernalia. Bond was set at \$1,500.

Michael Sebastian Gay, of the 800 block of Allison Avenue, was booked for unlawful acts related to automobiles and other vehicles, no proof of liability insurance and driving with a can-

celed, suspended or revoked license. Bond was set at \$500.

Joshua Tyvon Foster, of the 2100 block of Patricia Place, was booked for unlawful possession of hallucinogens and use or possession of paraphernalia to introduce into the human body. Bond was set at \$1,500.

Compiled by Katie Goerl

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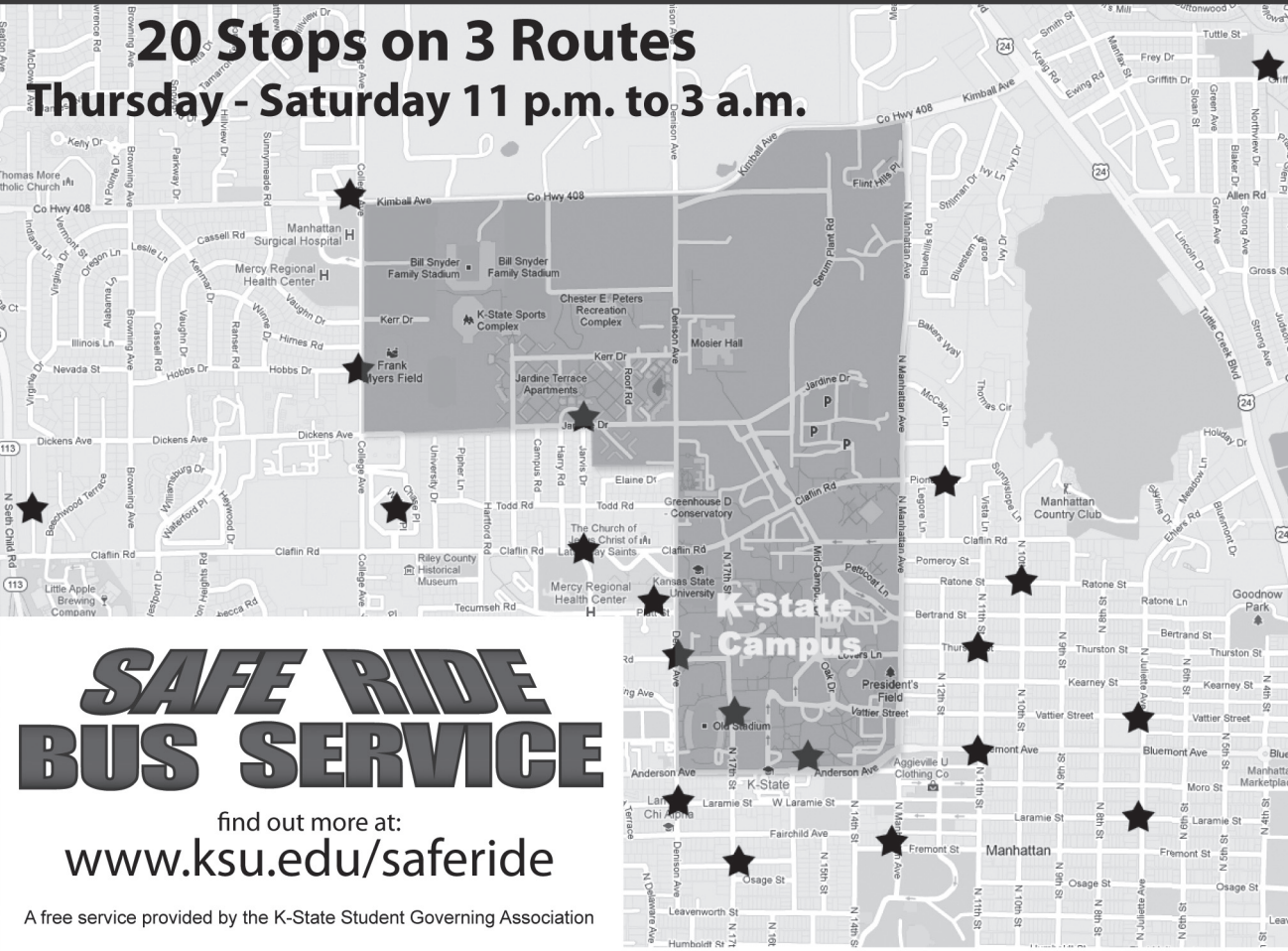
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Golf team places sixth at Firestone Invitational

Mark Kern
sports editor

The men's golf team continued their season on Tuesday at the two-day Firestone Invitational in Akron, Ohio, finishing in sixth place with a second-round 293, the third-lowest score of the day, on their way to an overall score of 13-over 589.

On the day, the Wildcats were led by senior Curtis Yonke, who finished the tournament with an even-par 144. He had an especially strong second round, finishing with a 2-under-par to help move into 10th place, securing a top-10 finish.

The Wildcats also got a solid performance from senior Ben Juffer, who finished in 22nd place with a tournament score of 4-over.

The Wildcats will be back in action on Oct. 22-23 for the 2012 Herb Wimberly Intercollegiate at the New Mexico State University Golf Course in Las Cruces, N.M.

K-State Individual Scores
T10. Curtis Yonke, 74-70-144 (E)
T22. Ben Juffer, 74-74-148 (+4)
T30. Kyle Weldon, 75-74-149 (+5)
T30. Daniel Wood, 73-76-149 (+5)
T45. David Klautdt, 76-75-151 (+7)



Evert Nelson | Collegian

Using his 3-iron, Curtis Yonke, now a senior, tees off on day one of the two-day Jim Colbert Intercollegiate golf tournament on Oct. 3, 2011, at Colbert Hills Golf Course in Manhattan.

Two-minute drill: suspended Cleveland linebacker criticizes NFL commissioner

John Zetmeir
staff writer

NFL
Cleveland Browns linebacker Scott Fujita criticized NFL commissioner Roger Goodell for abusing his power on Wednesday. Fujita, along with other players, were suspended following the New Orleans Saints bounty scandal in which the Saints were found guilty of paying players for injuring other players. Initially, Fujita was suspended for three

games following the scandal, but that was reduced to one.

"The Commissioner says he is disappointed in me. The truth is, I'm disappointed in him," said Fujita after practice on Wednesday, according to *ESPN.com*. "His positions on player health and safety since a 2009 congressional hearing on concussions have been inconsistent at best."

MLB
With the playoffs in full swing, it seems that at least one member

of the Washington Nationals is not happy with the decision to shut down pitcher Stephen Strasburg, according to a Wednesday *ESPN* article. This season, Strasburg went 15-6 as a starter with a 3.16 ERA, but was shut down when the head office decided to hold firm with their 160-inning limit on the young phenomenon. The Nationals are currently down 2-1 in the National League Division Series against the St. Louis Cardinals.

"If we had [Strasburg], we'd be up


2-0," the unhappy player, who wished to remain anonymous, told *FoxSports.com*.

NBA
Former NBA superstar Tracy McGrady announced on Wednesday that he will be taking his talents overseas to the Qingdao DoubleStar Eagles in the Chinese Basketball Association. The seven-time NBA All-Star is already well-known in China for his time with the Houston Rockets when he played alongside Chi-

nese superstar Yao Ming.

At the age of 33, it was assumed that last year was probably McGrady's last in the NBA, having played 52 games with the Atlanta Hawks. With an average of 16.1 minutes and 5.3 points per game, it seems that father time may be catching up with the former All-Star.

"There are times in life that a new road presents itself and it appears this time has come for me now," McGrady wrote on his website, according to *ESPN.com*.



EST. 2011

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Steampunk: Victorian style meets punk, steam power

Lauren Meehan
contributing writer

What happens when you mix the Victorian-era style with punk, science fiction, fantasy and an alternate future? You get steampunk — a fashion trend that is projected to be among the top choices for Halloween costumes this year.

"I think the great thing about steampunk is that it's different to everyone," said Shanon Smith, senior in theatre and founder of the Manhattan Steampunk Society. "Everyone has their own definition. I always joke that if you had 100 people in a room and asked them what steampunk was, you'd get 100 different answers."

Steampunk is based in an alternate future where the technological revolution happened alongside the industrial revolution during a fictionalized Victorian age, where steam would power our modern-day technologies like computers, iPhones and televisions.

Steampunk attire starts with basic Victorian-era clothing, or more of a punk look with the Victorian-era clothing as accents. For women, outfits include corsets, bustle skirts, fascinators and the little top hats often seen in Great Britain. For men, outfits include vests, waist coats and top hats. Accessories are an important part of putting together a complete steampunk look; aviator goggles, brassy weaponry and jewelry with gears and cogs are fashion staples.

"I first learned about steampunk from some of my friends who are involved in model railroading, since steam engines are related to steampunk," said Chelsea Pitts, president of the Manhattan Steampunk Society and senior in interior design.

Pitts' husband Ian said his interest in trains and railroads led to his interest in steampunk culture. He watched videos on YouTube of the Great Handcar Regatta in Santa Rosa, Calif., where people build hand-powered contraptions with a Victorian flair to race along an abandoned section of railroad downtown.

"It's proof that almost anything you are in-

terested in can be incorporated into steampunk," he said.

There are no stores dedicated to the trend in Manhattan, so shopping for steampunk clothing and accessories takes some creativity. The most likely places to find appropriate pieces are local thrift shops and vintage clothing stores, such as Grand Ol' Trunk Thrift Shop or Rockstar and Rogers Clothing and Costume. Stores like Rue 21 and Envy also carry various military jackets for women that could be utilized for outfits.

Rebecca Craig, co-owner of Rockstar and Rogers and The Little Apple Costume Company, said her stores provide many steampunk accessories. This year, they are carrying monocle glasses, boot spats, aviator hats and aviator goggles.

Pitts recommended online shopping on sites like Steampunk Emporium and Etsy, a website on which users can set up online stores to sell homemade or vintage goods. Manhattan resident Morrigan Oran has a page on Etsy where she sells various steampunk accessories, like leather cuff bracelets, pins and medals, weapons and even hair clips accessorized with lace and bullets. Oran's page can be found at etsy.com/shop/SteamFolks.

Because unique accessories can be hard to come by, Brandon Lewis, member of the Manhattan Steampunk Society and senior in psychology, suggested that Manhattan residents interested in steampunk try making their own. He said creating accessories can be a fun DIY project.

"I would suggest creating some goggles — many tutorials can be found online — and then creating some sort of weaponry," Lewis said. "The most common method for this would be to buy a cheap Nerf gun and painting it."

Smith recommended a book for people interested in steampunk, and the Manhattan Steampunk Society offers other tips on its Facebook page.

"I'd also suggest picking up 'The Steampunk Bible' by Jeff VanderMeer and S. J. Chambers,

which is a great book that covers all aspects of steampunk, from its origin, fashion and making your own gadgets, to where steampunk may go in the future," Smith said.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



Illustration by Erin Logan

Cosplay different from Halloween costumes, requires more attention, skill



Illustration by Parker Wilhelm

Cara Hillstock
staff writer

Have you ever had a friend slip into a startlingly accurate costume of the "Harry Potter" series' Lucius Malfoy, straight down to searching for hours for the rings he wore and ensuring their costume materials were made of 100 percent real velvet (as Lucius would not want anything lesser), only to suddenly start praising the Dark Lord and calling you a filthy muggle?

No?

This, my friend, is a good example of the differences between cosplaying and a Halloween costume.

Cosplay is considered a type of performance art where fans dress as a fictional character from an anime, manga, book, movie, video game or comic, and aims to become that character. Cosplayers aim for accuracy and incredible detail in the costumes, trying to make them

look as realistic and plausible as possible (no 7-foot Final Fantasy Buster Swords that break at the handle here). They might also adopt the mannerisms, behaviors, body language and speaking style of said character.

It is a hobby for most, but one they care deeply about, and no wonder — the amount of time and resources it takes to make an accurate costume of almost any fictional character is intimidating.

Costumes at their cheapest are \$50 to \$100, and prices go up from there. Generally speaking, there aren't many costumes that are simply shirts and skirts, and while you can find cheaper versions of the costumes online, they won't be anywhere near the level of detail and quality cosplayers typically want.

Most cosplayers make their own costumes. This means buying many different fabrics,

ordering specialized jewelry, patches, footwear, hair decorations and importing high-quality wigs made of real hair instead of the horrid cheap ones. Sometimes, even the use of prosthetics, body makeup and different colored eye contacts are employed. When they can't find the proper color for wigs or fabric, they dye them on their own.

The amount of time it takes to make different costumes can range from hours to months or years. It is a hobby that takes great passion, not only for the series and the characters, but also for fashion and fantasy.

The reasons people cosplay can include but are not limited to feeling connected to the character, liking their style or admiring a quality of the character that the cosplayer themselves doesn't possess.

Cosplay has its own community filled with people modeling the characters in

photoshoots, going to conventions and winning competitions. There are even celebrities among the community who are deeply revered for the level of quality and time that goes into their craft. However, cosplayers are often looked down upon outside of their community, seen as geeks who need to get a life.

Halloween offers them a safe zone where they can parade around in their costumes without anyone thinking worse of them. They can be the stars of the show, showing off their extremely detailed costumes and scaring or impressing the general public with mastery of the character's ticks. It's the one time a year they can go into a bar and share their hobby with people who will be open to it, or even appreciate it.

At the same time, it is hard

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October a good time to re-examine seafood safety

Alex Achten
contributing writer

Whether or not you are a seafood fan, October is National Seafood Month and a good time to look at what seafood is healthy, what seafood may not be and some tasty seafood recipes.

Some fish and shellfish are healthier than others. According to eatingwell.com, Alaskan salmon, wild Alaskan salmon, farmed oysters, Pacific sardines, rainbow trout and freshwater coho salmon are healthy, contain low levels of mercury and do not carry many contaminants. Some seafood to avoid includes bluefin tuna, Chilean sea bass, grouper, monkfish, orange roughy and farm-raised or imported Atlantic salmon. These tend to come from environments that carry more parasites, pollutants and diseases, and some of these fish are endangered. The World Wildlife Fund put the bluefin tuna on its list of threatened species in 2009.

The Natural Resources Defense Council, a nonprofit environmental advocacy group, has a sustainable seafood guide with information on how to make sure your seafood is good for you and does not harm the environment. The NRDC recommends people eat smaller fish because they carry less mercury. It also advises that given the environmental impact of fish farming, a wild-caught

fish is almost always better than a farmed fish of that variety.

Another good place to get your seafood information is seafood-healthfacts.org. The website contains nutrient composition charts for all different types of seafood, ranging from the health benefits of omega-3 fatty acids to current dietary recommendations.

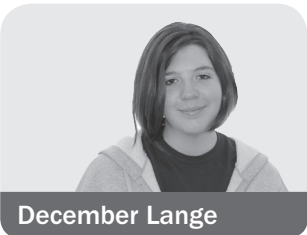
You can know all you want to know about seafood but it will not matter much if you do not know how to cook it. NRDC also provides a list of recipes using sustainable seafood. Some of the recipes include fish tacos, honey salmon and steamed halibut. These and more can be found at nrdc.org/water/oceans/gseafood.asp.

Many people enjoy seafood, and it is important that you know how to cook it, as well as garner an understanding of what you are eating and putting into your body. Overall, seafood is healthy and good for you; just make sure you are cautious about what types of seafood you decide to place at the dinner table.

December Lange is a junior in psychology. Please send comments to edge@kstatecollegian.com.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

Dining halls make vegetarian diet difficult



In celebration of National Vegetarian Month, I have decided to revisit my on-again, off-again torrid love affair with vegetarianism.

When I was in sixth grade, I became a vegetarian for six months. Unfortunately, I did not do this for any noble cause, like animal rights or even health benefits. Instead, I became a vegetarian to prove a point, which was that I did not have to eat the meals that my stepmom prepared for my family.

In my defense, no rational human being could have called the mystery meat that sat in front of me "pork chops." By declaring that I was now a vegetarian, I was setting myself up to continue since there was no way I was going to admit defeat. So began the six-month standoff

between me and my family.

In the beginning, being a vegetarian was a novelty. I pretentiously boasted that I was a vegetarian to anyone who would listen. However, the newness soon wore off. As my stepmom refused to cater meals specifically to my new diet, I began to tire of frozen veggie burgers and peanut butter and jelly sandwiches. My food was bland and repetitive, but I stood firm in my resolve.

One night, I decided to make tofu for myself, but I had little direction on how to prepare it. Needless to say, it was a terrible disaster. It was a watery mess that looked like it could crawl off of my plate at any moment. My dad made me eat the tofu and then clean up the horrendous mess it had made in the kitchen. After three bites, I threw it all in the trash and eagerly reclaimed an omnivore status.

I did not revisit vegetarianism again until my sophomore year of college. At the time, I was practicing yoga and developing a newfound appreciation for healthy, organic food. I pestered my roommates with nutrition facts and filled our refrigerator with soy milk and all-natural nut butters.

I even started making my own bread to avoid high fructose corn syrup. This time, I had abundant support from my family, most likely due to the fact that I was buying my own groceries.

I continued to eat nearly vegan. I abstained from meat and dairy products. Through this experience, I learned how to create healthy, balanced meals. I found that my workouts were more productive and I was feeling less tired. As my grocery bills spiked due to the costs of fresh fruits and vegetables, my energy also increased. I had friends who were also vegetarian, or at least open to eating non-meat dishes, and we would relish every opportunity to try new vegetarian concoctions.

I strongly considered becoming completely vegan. In order to help me make this decision, I pulled up K-State's dining center menus online to see if it would even be feasible to maintain a vegan diet when I would begin school there in the fall. I quickly realized that there were not many vegan options, so I decided to forgo going totally vegan since I would not be able to sustain it long term.

As I interact with those who are vegetarian and charged with the task of finding things to eat in the dining center, I hear many of the same sentiments. One of my favorites was, "Well, I guess it's cheese pizza tonight

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SOPA DE PESCADO

Ingredients

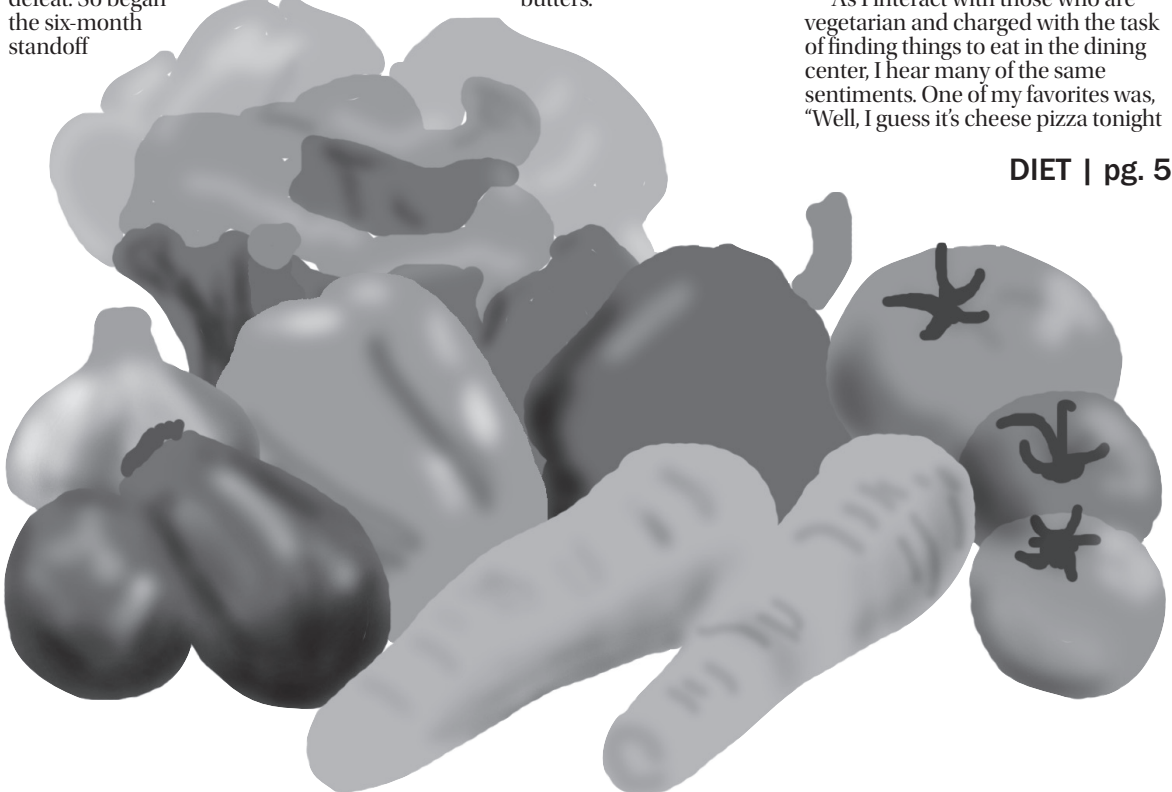
1 whole farmed tilapia, scaled and gutted
2 medium tomatoes, diced
1 to 2 garlic cloves, whole
About 4 cups of assorted vegetables -- such as carrots, onions, green peppers, potatoes, zucchini or chayote -- diced into chunks
1/2 cup spinach leaves
Salt and pepper to taste

Preparation

Wash the tilapia well and make sure it is carefully cleaned. If you like, you can squeeze a lemon on it before you wash it. Cut the

fish into four big pieces: head, tail and two for the torso. Fill a big pot with about 6 quarts of water. Add tomatoes, garlic, salt and pepper and bring to a boil. When the water boils, add the harder vegetables (chayote, potatoes and carrots). After they've started to cook, add the onion, green pepper and zucchini. Take out the garlic and place the fish in. The fish cooks in about five to ten minutes; add the spinach leaves just before it is done. Serves 3 to 4.

-Evelyn Arévalo, NRDC program assistant, San Francisco



WALK | 420 lbs. of food hoped for

Continued from page 1

and Wamego resident, said he hoped to double last year's collection of 210 pounds of food for the Breadbasket.

"I hope to see a lot of people there, zombies and survivors," he said. "There's stuff for people of all ages to do. Just go out there and have fun."

Participants are urged to come dressed as zombies or survivors, and volunteers will be on hand to help with costumes and makeup. More information can be found on the Kansas Anti-Zombie Militia's Facebook page.

Z-DAY SCHEDULE

Saturday, 1 p.m. to 2 a.m.

1 p.m. - 1-Mile Zombie and Obstacle-Ridden Training Course, FUMA on City Park Stage, Silent Auction and other Zombie-hosted fundraising

2 p.m. - Awards presentation

3 p.m. - White on City Park stage, Zombie in an Abandoned Alley Marksman Competition, Zombie Portraits photo booth, makeup and costume preparation for Hunger Walk

5 p.m. - Second Annual Walk for Hunger from City Park, downtown and back to Aggieville

7 p.m. - Decimation on City Park Stage

9 p.m. - Z-Day Pub Crawl begins after Decimation finishes set

MERCURY | Building reopened by end of day

Continued from page 1

"It was a small amount of mercury, but we didn't have the ability to pick it up," Almes said. "We actually borrowed a KSU mercury vacuum to clean it."

According to Michele Jones, communications coordinator for the Manhattan-Ogden school district, students and adults in the room were isolated and readings were done on

their shoes. The building was not evacuated, and a majority of the building was available for use again at 11:30 a.m.

"We made sure that people didn't come into contact with anything hazardous," Almes said.

The hazmat team cleaned the soles of the students' shoes and cleaned and ventilated the classroom. The building was fully released for student and teacher use at 2 p.m.

FIRE | Fan used to ventilate area

Continued from page 1

wait for the fire department, they want us to do that," said the source in a phone interview on Wednesday. "You never know."

According to the source, the fire department set up a fan to ventilate the area. Students returned to the building as the fire engines left the scene shortly after arriving.

Bruce Shubert, vice president for administration and finance, said there is no cost to the university when the fire department is dispatched to campus.



Late Night

The Collegian Guide to Weekend Food and Drink Specials

THIS WEEK'S DEALS	THURSDAY	FRIDAY	SATURDAY
 <div>Auntie Mae's 616 N. 12th St. Manhattan, KS 66502</div>	\$2.50 Tarantulas 4pm - 7pm \$3.75 Tallgrass Pints 11pm - Close	\$2 Wells 4pm - 7pm \$2 Kami Shots 9pm - 11pm	\$1.50 Margaritas 4pm - 7pm \$3 UV Bombs 9pm - 11pm
 <div>BOMB bar (785) 320-5590 718 N. Manhattan Ave.</div>	\$1.50 Bombs and Wells	\$1.50 Bombs and Wells	\$1.50 Bombs and Wells
 <div>CRUGGERS 712 N. Manhattan Ave. (785) 320-5590</div>	\$1 Night \$1 Wells Free Bull Rides	\$2 All Shots and Bombs 10:00-12:00 TV Giveaway	\$2 All Shots and Bombs 10:00-12:00 TV Giveaway
 <div>DRINX AGGIEVILLE 1206 Moro (785) 320-7664</div>	\$1 O-Bombs \$2 Bottles & Pints \$2 Jäger Shots & Bombs	\$3.50 Coronas \$2 O-Bombs \$2.50 BL Cans	Come see us for the game! Check us out on twitter @DRINX_
 <div>Lighten 63 (785) 320-7711 710 N. Manhattan Ave.</div>	\$5 Endless Pasta \$5 Bottle of Wine \$2 Domestic	\$4 Summer Brew \$2 Rumble 4 pm - 11 pm \$5.99 63 Burgers Happy Hour 1 am - Close	\$4 Summer Brew \$2 Rumble 4 pm - 11 pm \$5.99 63 Burgers Happy Hour 1 am - Close
 <div>Finn's Pub 317 Poyntz Ave, Manhattan, KS 66502 (785) 776-2119</div>	\$6.25 60 oz. Domestic Pitchers	\$2 Rum & Pepsi \$4.50 32 oz. Draws	\$4.50 32 oz. Draws
 <div>Gambino's Pizza® (785) 537-9090 900 Hayes Dr. Open until 3 am</div>	\$10 Large 1-Topping Pizza Delivery Only	\$10 2 small 1-Topping Pizzas Delivery Only	\$10 Large 1-Topping Pizza Delivery Only
 <div>HIBACHI HUT (785) 539-9393 608 N. 12th St.</div>	\$10.99 Steak Night \$5.50 Carafes of Sangria	\$4.50 New Orleans Original Pat O'Brien Hurricanes	Herb Crusted Prime Rib after 5 pm \$4.50 Long Islands
 <div>JOHNNY KAW'S SPORTS BAR (785) 320-5590 1218 1/2 Moro St.</div>	Minor Night 18 to Enter	Happy Hour 10:00-12:00 \$1 Domestic Draws	Happy Hour 10:00-12:00 \$1 Domestic Draws
 <div>Mustang Gentleman's Club 785-238-7571 1330 Grant Junction City</div>	\$3.25 48 oz pitcher \$1 Rum, Vodka, Gin Wells	Free admission with football ticket (21+ only)	7:30 - 9:30 Free admission with military ID (21+ only)
 <div>O'Malley's ALLEY (785) 537-7151 706 N. Manhattan Ave.</div>	\$1.75 Domestic Draws \$2 All Bottles	\$3 Domestic Pints \$2.50 Highlife & Busch Light Bottles	Come see us for the game!
 <div>Porter's (785) 537-7151 706 N. Manhattan Ave.</div>	50¢ Tacos \$2 any pint \$2 bombs	\$3 Boulevard Pints Try a Boulevard Burger	Come see us for the game!
Rendezvous Bar (785) 827-3830 249 N. Santa Fe Ave. Salina, KS	\$2.75 Summerbeer Pints \$7 Pitchers all day	\$2 U Call It \$3 Premiums 7-9pm	\$2.50 Domestic Bottles all day College ID Night: \$2 U Call It, \$3 Premiums 9pm - close with a college ID
 <div>The Salty Rim (785) 537-8910 1204 Moro SALSA & MARGARITA BAR</div>	\$2 Bottles \$2 Domestic Pints 1/2 off Margaritas	\$3.50 Coronas \$2 Pounders 10pm - 12am And Happy Hour!	Come see us for the game! Check us out on twitter @TheSaltyRim
 <div>SHOT STOP 1222 Moro St. (785) 320-5590</div>	\$1.50 Shots and Bottles	\$1.50 Shots and Bottles	\$1.50 Shots and Bottles
 <div>Wahoo Fire + Ice Grill (785) 320-7242 101 Moro @WahooManhattan</div>	1/2 priced Summer Beer \$2 Pork Sliders	1/2 priced Sangria Fish 'n Chips	Come see us for lunch and dinner!
 <div>Wendy's Valid at Manhattan & Junction City locations</div>	Free Chili Cheese Fries with purchase Valid from 8pm to 1am with student ID	\$1.99 Jr. Bacon Cheeseburger Value Meal Valid from 8pm to 1am with student ID	1/2 price Drinks & Shakes Valid from 8pm to 1am with student ID